



## Important Resources for Military Families

I've learned from my visits and conversations with military families that their daily lives and challenges are truly unique. WE Support aims to assist military families by providing information about programs and resources that are dedicated to helping in a variety of ways. Get started today and see how these organizations can be of service to you!

- **American Legion Auxiliary** [www.legion-aux.org](http://www.legion-aux.org)  
The American Legion Auxiliary is the world's largest women's patriotic service organization with nearly 1 million members in 10,100 communities. Auxiliary members are a unique group of women, joined in the fellowship of volunteerism, patriotism and dedication to veterans, young people and communities.
- **America Supports You** [www.americasupportsyoudm.org](http://www.americasupportsyoudm.org)  
A Department of Defense program that connects individuals, organizations and companies to homefront groups offering support to the military community and their families including writing letters and e-mails, sending care packages, offering scholarships and helping the wounded.
- **American Red Cross – Holiday Mail for Heroes** [www.redcross.org/holidaymail](http://www.redcross.org/holidaymail)  
In partnership with Pitney Bowes, the American Red Cross is encouraging others to send a touch of home to the real heroes of America and their families. Together they will collect, sort and distribute holiday cards to service members, veterans and their families during the holiday season.
- **Bob Woodruff Family Foundation** [www.remind.org](http://www.remind.org)  
The Foundation raises public awareness about traumatic brain injury and combat stress by working with private industry and government to develop excellence in prevention, diagnosis, treatment, support and resources. It ensures that soldiers and their families have access to a lifetime of treatment, education and employment opportunities to help them reintegrate back into their communities.
- **California Department of Veterans Affairs** [www.cdva.ca.gov](http://www.cdva.ca.gov)  
The mission of the California Department of Veterans Affairs is to serve California's veterans and their families. Specifically support veterans and their families with aid and assistance in presenting their claims for veterans' benefits under the laws of the United States; to provide them with beneficial opportunities through direct low-cost loans to acquire farms and homes; and to provide the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a home-like environment at the California Veterans Homes.

- California National Guard** [www.calguard.ca.gov/readyfamilies](http://www.calguard.ca.gov/readyfamilies)  
 The California National Guard Family Assistance Network provides military families with rosters of civilian, government and military agencies that can help deal with issues related to active duty.
- Cell Phones for Soldiers** [www.cellphonesforsoldiers.com](http://www.cellphonesforsoldiers.com)  
 Cell Phones for Soldiers is a non-profit organizations which turns old donated cell-phones into prepaid calling cards.
- Center for Women Veterans** [www.va.gov/womenvet](http://www.va.gov/womenvet)  
 The mission of the Center for Women Veterans is to review Veteran Affairs programs and services for women veterans, and ensure that they receive benefits and services without discrimination.
- The Coming Home Project** [www.cominghomeproject.net](http://www.cominghomeproject.net)  
 A non-profit organization devoted to providing compassionate care, support and stress management tools for Iraq and Afghanistan veterans, their families and their service providers. The Coming Home Project is a multi-disciplinary team of veterans, psychotherapists and interfaith leaders committed to helping transform the wound of war by addressing the emotional, spiritual and relationship challenges faced by veterans and families before, during and after deployment.
- Defenders of Freedom – CA** [www.defendersoffreedom-ca.us](http://www.defendersoffreedom-ca.us)  
 A 501 (c)(3) non-profit organization which raises money to support troops who are currently deployed around the world. The organization unites family members, raises community involvement, supports wounded soldiers, sends care packages and provides welcome home celebrations at airports.
- Fallen Patriot Fund** [www.fallenpatriotfund.org](http://www.fallenpatriotfund.org)  
 Dedicated to ensuring that casualty families have support resources available such as death benefits, pension funds, child support, military housing and store access.
- Fisher House** [www.fisherhouse.org](http://www.fisherhouse.org)  
 Fisher House is a “home away from home” for families of patients receiving medical care at major military and VA medical centers. The homes are normally located within walking distance of the treatment facility or have transportation available.
- Friday Night Live** [www.fridaynightlive.org](http://www.fridaynightlive.org)  
 The Friday Night Live Program has a close working relationship with the California National Guard Drug Demand Reduction program and welcomes the children of military families to participate in their youth development programs which provide incredible mentoring opportunities.
- Give an Hour – Give Help/ Give Hope** [www.giveanhour.org](http://www.giveanhour.org)  
 A non-profit network of volunteer mental health professionals who provide free therapy (both in person and via telephone) to service members and their families affected by operations in Afghanistan and Iraq.

- Homes For Heroes** [www.homesforheroes.com](http://www.homesforheroes.com)  
 The Homes for Heroes program provides extraordinary savings to local heroes who provide services to their community every day. A percentage of the homes will be marketed to disabled veterans and their families or surviving families of soldiers killed in action
- Homes For Heroes Foundation** [www.homesforheroesfoundation.org](http://www.homesforheroesfoundation.org)  
 The purpose of the Homes For Heroes Foundation is to provide and/or coordinate financial assistance and housing resources to the Heroes of our nation such as military personnel, police/peace officers, firefighters and first responders who are in need.
- Homes For Our Troops** [www.homesforourtroops.org](http://www.homesforourtroops.org)  
 The mission is to build specifically adapted homes for severely disabled soldiers and their families. The organizations is a non-profit which uses monetary and building material donations to help families of disabled American heroes in addition to soliciting trades people to donate their labor.
- Injured Marine Semper Fi Fund** [www.semperfifund.org](http://www.semperfifund.org)  
 A non-profit organization which provides financial assistance to wounded heroes and their families. This assistance helps to defray costs related to hospitalization, rehabilitation, purchase of specialized equipment, transportation and home modifications.
- Intrepid Fallen Heroes Fund** [www.fallenheroesfund.org](http://www.fallenheroesfund.org)  
 The Fund provides unrestricted grants to the families of military personnel who have given their lives in defense of our country. The non-profit Fund is supported entirely by donations – 100% of contributions from the public for this effort go to support military families.
- Kids Serve 2** [www.saluteourservices.org](http://www.saluteourservices.org)  
 A program which provides resources that support military children – because when parents serve in the military, their Kids Serve 2. The mission is to honor, support and thank military children by fostering awareness and appreciation about the sacrifices and challenges they face.
- Marine Corps Family Team Building** [www.mccsmiramar.com/MCFTB\\_INDEX.html](http://www.mccsmiramar.com/MCFTB_INDEX.html)  
 The mission of the Marine Corps Family Team Building program is to prepare families through education resources and services to foster personal growth so that they can successfully meet the challenges of the military lifestyle.
- Military Child Education Coalition** [www.militarychild.org](http://www.militarychild.org)  
 A non-profit, world-wide organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges and initiates and implements programs to meet these challenges.

- **Military.com** [www.military.com](http://www.military.com)  
Connects servicemembers, military families and veterans to all the benefits of service – government benefits, scholarships, career opportunities, discounts, lifelong friends, mentors, great stories of military life or missions, and much more.
- **Military Connection** [www.militaryconnection.com](http://www.militaryconnection.com)  
The Connection provides information on government jobs, military schools, military loans and military pay. The resource directory features information on military education and benefits including the GI Bill, employment opportunities, military job postings, pay charts and salary calculators.
- **Military One Source** [www.militaryonesource.com](http://www.militaryonesource.com)  
24/7 resources for military members, spouses and families.
- **Military HOMEFRONT** [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)  
The official Department of Defense website for reliable Quality of Life information designed to help troops and their families, leaders and service providers.
- **The Military Spouse Resource Center** [www.milspouse.org](http://www.milspouse.org)  
The Center is designed to assist the spouses of U.S. military personnel and is jointly sponsored by the Department of Defense and the Department of Labor. It provides easy access to information, resources and opportunities related to education, training and employment for military spouses.
- **My Army Benefits** [www.myarmybenefits.us.army.mil](http://www.myarmybenefits.us.army.mil)  
The My Army Benefits website serves the Regular Army, Army National Guard, Army Reserve, family members and retirees. The site also allows you to find your eligibility, research the details of your benefits and find locations where benefits services are provided.
- **National Military Family Association** [www.nmfa.org](http://www.nmfa.org)  
The Association educates and provides resources to military families concerning their rights and benefits. The site also features information on Operation Purple, a free summer camp in partnership with the Sierra Club that brings together youth who are experiencing deployment of a parent.
- **Navy-Marine Corps Relief Society** [www.nmcrrs.org](http://www.nmcrrs.org)  
The Society is a non-profit charitable organization which provides a variety of services in order for Naval personnel to achieve financial self-sufficiency and find solutions to emergency needs.
- **Operation Bigs** [www.bbbs.org/site/c.drLRK2PELsF/b.4382051/](http://www.bbbs.org/site/c.drLRK2PELsF/b.4382051/)  
A mentoring program for children of military families where volunteers, which include on-base marines, personnel and community members, spend one-on-one quality time with children at their schools and on-site at Camp Pendleton.

- **Operation Gratitude** [www.opgratitude.com](http://www.opgratitude.com)  
Operation Gratitude is a non-profit, volunteer organization that sends care packages filled with snacks, entertainment items and personal letters of appreciation to deployed U.S. Service Members. Our mission is to lift morale, bring a smile to a service member's face and express to all our Armed Forces the appreciation and support of the American people.
- **Operation Hero Miles** [www.heromiles.org](http://www.heromiles.org)  
Allows troops stationed in Iraq or Afghanistan to fly home on leave for free. It gives family members of wounded servicemen free plane tickets to visit their loved ones recovering at military hospitals. It also gives ordinary citizens an opportunity to help our troops by donating their unused frequent flyer miles for troops and their families.
- **Operation Homefront** [www.operationhomefront.net](http://www.operationhomefront.net)  
A non-profit organization that focuses on helping spouses left behind during deployments. It provides discounted or free assistance with car, computer, household repairs and local moves.
- **Operation: Military Kids** [www.operationmilitarykids.org](http://www.operationmilitarykids.org)  
A collaborative effort of the United States Army which supports the children and youth impacted by deployment. To date, the program has reached 65,000 military youth and provided information to 7200 community members across the United States.
- **Our Military Kids** [www.ourmilitarykids.org](http://www.ourmilitarykids.org)  
Our Military Kids provides support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants which help children better cope with challenges arising during a parent's deployment or injury recovery.
- **Scholarship Finder** <http://aid.military.com/scholarship>  
Find millions of dollars in scholarships and grants exclusively for the military community. Learn about military education benefits, great schools and programs that can help reach your goals.
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- **Silver Star Families of America** [www.silverstarfamilies.org](http://www.silverstarfamilies.org)  
Dedicated to supporting and assisting the wounded and their families of ALL branches of service and ALL wars. The program recognizes those who sacrificed – Purple Heart recipients, victims of friendly fire, those suffering from Post Traumatic Stress Disorder, Agent Orange and Gulf War syndrome.

- **Soldiers' Angels** [www.soldiersangels.org](http://www.soldiersangels.org)  
 A volunteer led non-profit organization, Soldiers' Angels provides aid and comfort to the men and women of the United State Army, Marines, Navy, Air Force, Coast Guard and their families. With over 30 different teams and projects, their nearly 200,000 volunteers assist veterans, wounded and deployed personnel and their families in a variety of unique and effective ways.
- **ThanksUSA** [www.thanksusa.org](http://www.thanksusa.org)  
 ThanksUSA is a non-partisan, charitable effort to mobilize Americans of all ages to thank the men and women of the United States Armed Forces by providing college, technical and vocational school scholarships for their children and spouses.
- **Till You Come Home Foundation** [www.tillyoucomehomefoundation.com](http://www.tillyoucomehomefoundation.com)  
 A non-profit dedicated to supporting the morale and emotional well-being of U.S. troops serving all over the world. On behalf of the men and women in the armed forces, Till You Come Home produces photo "Memory Books". These durable albums allow soldiers to carry pictures of their loved ones with them and invite you to support their efforts on behalf of military families.
- **Tragedy Assistance Program for Survivors (TAPS)** [www.taps.org](http://www.taps.org)  
 TAPS is a national non-profit organization serving families, friends and military service members who have been affected by a death. They offer peer support, crisis response and intervention, grief care and counseling resources, casework assistance, long-term survivor wellness and outreach.
- **Transition Assistance Online** [www.TAOnline.com](http://www.TAOnline.com)  
 Both prior and current service members can find the resources needed to transition from military service to a civilian career. It's a one stop shop – from posting jobs, searching resumes, exploring business to learning about educational opportunities.
- **Tricare** [www.tricare.mil](http://www.tricare.mil)  
 A world-class military health system that supports the military mission by fostering, protecting, sustaining and restoring health.
- **United States Air Force** [www.airforce.com](http://www.airforce.com)
- **United States Army** [www.army.mil](http://www.army.mil)
- **United States Coast Guard** [www.uscg.mil](http://www.uscg.mil)
- **United States Department of Veterans Affairs** [www.va.gov](http://www.va.gov)
- **United State Marine Corps** [www.usmc-mccs.org](http://www.usmc-mccs.org)
- **United States Navy** [www.navy.mil](http://www.navy.mil)

- **United Through Reading** [www.unitedthroughreading.org](http://www.unitedthroughreading.org)  
A non-profit organization which facilitates supportive relationships for children through families and friends reading aloud with them. The program focuses on separated military families by having a deployed parent read aloud via DVD which connects the child in a special way.
- **USA Together** [www.usatogether.org](http://www.usatogether.org)  
The mission of USA Together is to use the power of the Internet to help men and women of the US military who have suffered life-altering injuries in service to their country. By publishing specific needs for goods, financial assistance and services, they hope to connect injured service members and their families with those who are willing and able to assist them.
- **Vets4Vets** [www.vets4vets.us](http://www.vets4vets.us)  
A non-partisan veteran organization dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support at no cost.
- **WE Are Family** [www.wearefamily.ca.gov](http://www.wearefamily.ca.gov)  
Research shows that the more children eat dinner with their families they are less likely to smoke, drink or do drugs. WE Are Family and Family Day are all about encouraging families to spend time doing activities that strengthen the family unit - by eating, playing, serving and preparing together. After all, we are all a part of the California family!
- **WE Connect** [www.weconnect.net](http://www.weconnect.net)  
A pioneering public/private partnership designed to help California's working families become more financially secure by connecting them to important programs and resources, including the Earned Income Tax Credit (EITC). This statewide effort will connect families with the information and tools they need to take full advantage of these valuable resources, empowering them to live their dreams.
- **WE Include** [www.weinclude.ca.gov](http://www.weinclude.ca.gov)  
A groundbreaking movement created out of the belief that individuals with developmental disabilities should be given the opportunity to live a meaningful and purpose-filled life, WE Include aims to open the door to employment opportunities for individuals with developmental disabilities.